

I am Feeling so Unsettled. What can I do?

And welcome to you all. It is Portia and the Guides. And we thank you for your question this week which is, "I am feeling so unsettled. What can I do?"

We see that so many of you are feeling this unsettledness. A sense that the earth is not firm under your feet as it has been in the past. That so much is changing in your life. Perhaps everything is changing in your life. The winds of change are at work. There is no question this is happening on the earth plane now in greater measure than in many many years.

So, when you are feeling whipped up, or pushed, or off balance, unsettled, perplexed, uneasy, not knowing for certain what is going on...all of these indicators require that you come home to the center of your being and be still. The cacophony and volume of the fear-based voices that you are hearing are from your local narrow ego mind. This ego mind cannot grasp the magnitude of the changes going on on earth right now; the changes going on for you in your world and within you and within your body as well.

The changes and transformation that are going on now are happening at every level of being. Your ego mind cannot grasp this and so it turns up the fear. It turns up the volume of despair, of insecurity, of trying to control and grasping to make things more "stable" and the way that they were – the way they have always been in the past. This is what your mind is voting for. It is like a drumbeat. So as things are changing on earth, it is beside itself and that is why you can feel beside yourself if you allow these thoughts and emotions to take control.

For you in this time it is most important to sustain and maintain your presence at the center of your being. This is where the presence and energy of God resides, and the presence and energy of your spirit reside. This is where answers are found for you. This is where peace and comfort are for you.

So when you are feeling like you are out of sorts or spinning around and trying to figure things out, pause, stop. Call yourself back home to the center of your being. And if you have questions about a particular circumstance or situation and what to do and what to say, ask God; all-knowing, all-loving God. And listen and be still. The guidance will be clear, even if the guidance is to simply wait and to do nothing but to stay present at the center of your being. And to continue on, because life – your life, creation – is always evolving, unfolding, changing. This is the nature of creation. You are part of creation, so you are ever evolving, growing, changing, progressing.

Progress is a law of God, and that is what you are asking for. Again, progress might be to remain still and simply to observe and to listen when you are in a situation that is disturbing to you. Or you may be guided to speak and to say something that will bring peace and comfort to you and to the entire situation.

Our answer for you about what do you do – what can you do – when you feel unsettled: It is to realize that this energy and emotion and these thought forms are not from God, they are not from your spirit, they are from a limited, fearful, personal mind. Have that awareness first, and then come back home to

your center, to your heart center and be still and feel the quiet and the peace. And then, as you ask any questions, the answers will arrive. Because you are asking God and your spirit for guidance, for counsel, for direction.

Be still and know that God, your spirit, and life, are supporting you during this time of great change on earth.

Our love and blessings are with you, always. Namaste.

Portia and the Guides

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Channeled by Susan